

ABSTRACT

An apparatus for exercising the human body consisting of an elastic natural gum rubber band formed in a closed loop is disclosed. The apparatus is provided in a variety of lengths, thicknesses and widths to suit the size and muscular strength of the user. As the thickness of the band is increased, resistance to stretching also increases. A method of exercising using the elastic natural gum rubber band formed in a closed loop is also disclosed. The user attaches the band between a point on his body and either a second point or a plurality of points on his body and stretches the elastic band by flexing or extending parts of the body. The elastic band may also be attached between a fixed object and one or more points on the human body. The method includes completing repetitions of the exercises and progressing through increasing thicknesses of bands as the user's muscular fitness increases.